

ELLIPTICAL

Information and Conditioning

PROPER POSTURE & FORM

- Stand tall with a slight forward lean at the hips (not leaning in a hunched forward position with rounded shoulders and upper back "caving" in).
- Push your shoulders down and away from your ears. Relax a slight bend at the elbows.
- Hold the handles with a light grip and keep elbows relaxed.
- Keep your feet in contact with the pedals at all times. The foot should remain flat against the footplate, ensuring a consistent "pushing" motion.
- During both the forward and backward motion, avoid bouncing as this allows you to use gravity to help you move the pedals rather than your muscles resulting in a less effective workout.
- Throughout your pedal stroke to the edge of the pedal, you can place "heel" pressure on the heel of the foot, "pushing" on the stride length you pedal from heels to toes.

REAR FLYWHEEL

HEALTH BENEFITS

Weight Loss

Elliptical training is a low-impact, high-calorie-burning exercise that can help you lose weight and improve your overall health.

Cardiovascular

Elliptical training is a cardiovascular exercise that can help you improve your heart health and increase your endurance.

Joints

Elliptical training is a low-impact exercise that can help you protect your joints and reduce the risk of injury.

FOOT PEDALS

Larger foot pedals, allow you to adjust your stride length by positioning your feet at different ends of the pedals.



MOVING HANDLES

Move the handles and push the handles together from your upper body muscles.

STATIONARY HANDLES

Use these handles to get on and off the machine. Grip the handles lightly as you can maintain proper posture. Do not lean on them.

CONSOLE

Set your age and weight. Select a pre-determined program or set to manual mode. Display screen will show speed, time, incline, distance and other factors.

CORD RAILS/STAIRS

MOVEMENT

Most elliptical machines can be pedaled forward and backward. In addition the resistance and incline can be adjusted.

Speed stroke - involves a running motion with substantial quadriceps and hamstring work.

Stair stroke - involves a lifting motion with greater gluteus, quadriceps and calf involvement.

Pushing forward - greater quadriceps work.

Pushing backward - greater hamstring work.

ELLIPTICAL BASICS

It takes a few days to get an elliptical machine going so follow the instructions below.

1. Before you get on the elliptical, make sure the resistance is set to 0.
2. Place the resistance and resistance handle on the handle.
3. Place the resistance handle on the handle.
4. Place the resistance handle on the handle.
5. Place the resistance handle on the handle.
6. Place the resistance handle on the handle.
7. Place the resistance handle on the handle.
8. Place the resistance handle on the handle.

THE WORKOUT

1. Warm up for 5 minutes at a low resistance.
2. Increase the resistance to a moderate level.
3. Pedal for 10 minutes at a moderate level.
4. Increase the resistance to a high level.
5. Pedal for 10 minutes at a high level.
6. Increase the resistance to a very high level.
7. Pedal for 10 minutes at a very high level.
8. Cool down for 5 minutes at a low resistance.

MUSCLES WORKED



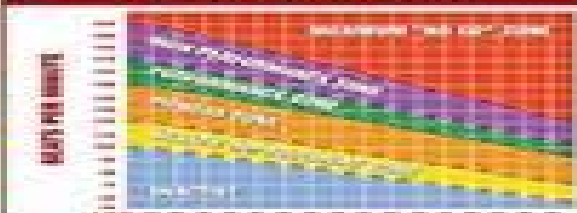
SAFETY

1. Always use proper posture and form.
2. Do not use the elliptical if you have any medical conditions that may be affected by exercise.
3. Do not use the elliptical if you are pregnant.
4. Do not use the elliptical if you are under the influence of alcohol or drugs.
5. Do not use the elliptical if you are feeling dizzy or lightheaded.
6. Do not use the elliptical if you are feeling any pain or discomfort.
7. Do not use the elliptical if you are feeling any fatigue.
8. Do not use the elliptical if you are feeling any weakness.

SELECT YOUR ZONE



HEART RATE ZONE



The elliptical is a low-impact, high-calorie-burning exercise that can help you lose weight and improve your overall health.

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Elliptical Machine Chart Poster

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